GILSTER-MARY LEE CORP.

NUTRITIONAL INFORMATION

Revision: 5/08/09

COCOA MUNCHIES (C110300AY-06)

CONTAINS: NO ALLERGENS

Nutrition Facts

Serving Size 3/4 cup (28g)
Servings Per Container

Amount Per Serving	Dry	Cereal with 1/2 cup skim milk
Calories	110	150
Calories from Fat	0	5
		% Daily Value* *
Total Fat 0g*	0%	1%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 150mg	6%	9%
Potassium 70mg	2%	8%
Total Carbohydrate 25g	8%	10%
Dietary Fiber 0g	0%	0%
Sugars 13g		
Protein 1g		
Vitamin A	15%	20%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B6	25%	25%
Folate	50%	50%
Vitamin B12	25%	35%
Phosphorus	4%	15%
Magnesium	2%	6%
Zinc	25%	30%
Copper	2%	2%

* Amount in cereal.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on you calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Potassium		3500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

SERVINGS PER CONTAINER

Package Size	Number of Servings
35 oz	about 35

INGREDIENT STATEMENT

INGREDIENTS:
SUGAR, DEGERMED YELLOW CORN MEAL, YELLOW CORN FLOUR, COCOA (PROCESSED WITH ALKALI), CORN SYRUP, CORN STARCH, MODIFIED CORN STARCH, SALT, ARTIFICIAL FLAVOR, COLOR (CARAMEL), PALM OIL, DICALCIUM PHOSPHATE, BAKING SODA, TRISODIUM PHOSPHATE

VITAMINS AND MINERALS:CALCIUM CARBONATE, VITAMIN C (SODIUM ASCORBATE, ASCORBIC ACID), IRON (FERROUS FUMARATE), VITAMIN A (PALMITATE), NIACINAMIDE, ZINC (ZINC OXIDE), VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN D (CHOLECALCIFEROL), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID, VITAMIN B12 (CYANOCOBALAMIN)

BHT ADDED TO PACKAGING TO HELP PRESERVE FRESHNESS